

Pauline Furlong's Talks On Health and Beauty

Facial Massage. ANOTHER massage movement for removing mouth lines and helping to lift sagging face is illustrated to-day. It is performed by placing the tips of all four fingers of each hand along the lines and smoothing the flesh backward and upward toward the ears. Of course, the fingers must always be anointed with cold cream before any of these movements are started otherwise the flesh would be pulled about and become soft, loose and more sagging than before the treatments were begun.

Here, too, in this movement the pressure may be slightly firmer than when the massage is applied around the delicate tissues surrounding the eyes, and the fingers must leave the face and start the movement at the mouth-line each time and never be allowed to move downward with backward stroke. Always massage upward and in circles when possible, but this cannot be done on all parts of the face.

As you bring the finger-tips backward toward the ears, make five small circles in front of the ears to efface the small lines which all too soon come to disfigure this part of the face.

Readers must understand that the care of the complexion in summer differs to some extent from that which is given in winter. Less cold cream is necessary, and it need not be so thick and heavy as the creams you have been using to combat the coarse and drying effect of sharp, cold winter winds.

I am giving a formula for a Night cold cream suitable for massaging the skin during the warm weather: Melt twenty-five grams of spermaceti with ten of cocoa butter over lukewarm water, and when soft add twenty-five grams of sweet almond oil and five of glycerine. Add these last two while swiftly whipping the mixture with a wooden or ivory spoon. When well mixed and nearly cold add fifteen grams of orange flower water and beat until cold. Seal until wanted. This is especially recommended for dry, sallow, wrinkled skin.

MOUTH WASH—GRACE D.: The following lotion should be mixed well and placed in an air-tight bottle. It leaves a delightful and lasting taste in the mouth: To one cup each of distilled water add five drops of sweet almond oil. A few drops each of spirits of camphor and myrrh added to a glass of water also makes a delightful and refreshing mouth wash.

POISONED BY IVY LEAVES—E. M.: Place a teaspoonful of bicarbonate of soda in a cup of warm water and bathe the parts frequently with this, allowing it to dry in.

TO KEEP THE HAIR WAVY—ESTHER F.: Apply some of the following to the hair before putting it up in curls: Tricaneath, three teaspoonfuls; oil of sweet almonds, one teaspoonful; rose water, three cups. This may be made in smaller quantities, but as it keeps fairly well, when corked, it saves time to make it in larger amounts and always have it on hand.

FOR LINES FROM NOSE TO MOUTH, ALL FOUR FINGERS OF EACH HAND ON EACH CHEEK NEAR NOSE.

Leave It to Lou



JUDITH OF BLUE LAKE RANCH By Jackson Gregory

A Story of Western Ranch Life, in Which a Red Blooded American Girl With "Pep" Wins Out Against Big Odds and Gets the Respect Due Her

CHAPTER IV. THREE days later Bud Lee learned that Judith Sanford was after all, "just a girl, you know"; that at least for once in her life she had slipped away to be by herself and to cry.

"Come here, Bud Lee!" commanded Judith sharply, dabbing at her eyes. "I want to talk with you." "I didn't know you were here," he stammered. "I was going to make some coffee and have lunch here, I do, sometimes. It's a real fine day, isn't it, Miss Sanford? Nice and warm and—"

"You're Mr. Lee, aren't you?" asked Marcia. "She was still smiling and looked cool and fresh and very alluring." "Yes," he answered, his gravity touched with the hint of a responsive smile. "Is there something I can do for you, Miss Langworthy?"

"The star doesn't always see the moth, you know," offered Lee, a little intoxicated by the first "vision" of this kind he had seen in many years. "Mr. Hampton isn't here, is he?" she asked.

"No, come to think of it, he did say this morning that he would be out right after lunch to help me break Lovelady. But I haven't seen him." "After the swift passing of a few bright minutes, Marcia and Bud Lee strolled together across the meadow to the spring. Marcia, it seemed, was interested in everything. Lee told her much of the ways of horses, of breaking them, of a score of little ranch matters, not without their own interest and interest in Lee.

"Fate, in the form of old Carson, turned a herd of bellowing steers out into the fields lying between the meadow and the ranch-house that afternoon just as Marcia was making a concession to propriety. Was shaking her skirts and lifting her parasol. It was scarcely to be wondered at that the steers seemed to be a great herd of bloodthirsty beasts. Then there were her pink gown and sunshade.

"Oh, dear, oh, dear!" cried Marcia. So it was under Lee's protection that she went back through the meadows and to the house.

Anything to Keep Him Busy, Lou!



Distinctive Summer Frocks For the Smart Woman

By Mildred Lodewick

A Smart Yet Conservative Model for the Business Girl



COLORED BINDINGS FORM HERE A CHARACTERFUL TRIMMING. yards wide and slashed upward four times from the lower edge just to give reason for the colored binding which, with the two round buttons topping each of them, adds a conservative decoration. Two buttons also mark each shoulder and each sleeve where the short slash occurs.

The Housewife's Scrapbook

THE shortage of milk has taught the housekeeper the advantage of evaporated milk. There should always be a can on hand in every household for use in case of emergency. It is excellent for all cooking and baking purposes as a substitute for fresh milk. It will keep sweet for a week, sometimes longer, after it has been opened, and even if it sours it will give the same satisfaction in baking as soured whole milk.

When roasting meat in the oven place the pan in a dish of water. This will prevent the burning of the gravy and it will not boil away.

Before frying out fat put it through the meat chopper. By this method you will extract the grease from even the hard bits and you will also save fuel as it requires a shorter time to melt than if cut into pieces.

To preserve macaroni and spaghetti from being pasty when cooked, wash it in several waters just as you do rice, barley, etc., before cooking.

One housekeeper uses the clothes wringer to shell the beans for can-

The Secret of a Long Life

DO you want to live to pass the century mark? If so, there are many systems which pretend to offer to their adherents the boon of long life, but the one which has best stood the test of time and experience is that of Luigi Cornaro, a sixteenth century Venetian, who has been the inspiration of thousands of men and women. Perhaps the most distinguished of Cornaro's twentieth century disciples is Thomas A. Edison, who has repeatedly stated that he expects to live to be a hundred, as a reward for his adherence to the regimen of the famous Italian.

His first step was to confine himself to the simplest and most easily digested of foods, and to take these only in small quantities. At the end of a year he was rid of the ailments which had threatened his life. After that he began to experiment with various foods, and quickly discovered that the palate is a poor guide. Many foods which tasted good were rejected by his stomach. Gradually he eliminated from his diet everything that disagreed with him. He chewed his food thoroughly, and always made it a point to leave the table before his appetite was quite satisfied. Fresh air and mild exercise were important features in his system. He avoided extremes of heat and cold, never permitting himself to perspire or freeze nor to become excessively fatigued, and he had regular hours for sleep.

In reply to those who scoffed at his theories, and who stood for "a short life and a merry one," Cornaro said simply and convincingly: "I never realized the world was so beautiful until I reached old age."

How It Started The Wedding Ring

ON with your wedding ring, Feminist sister, with rings in your eyes stamped your life the foot and said "For the Cause!" I will be no man's chattel!" while you tenderly tied it around under your neck and tucked the ribbon under your blouse.

For the marriage ring is not, where you do not choose to make it so, a sign of bondage. It does not signify your subjection, whether your husband wears one or not. And according to its original significance, you might prefer that it remain a one-sided tradition!

The use of the ring in the marriage ceremony was introduced by the Egyptians. It implied the endowment upon the bride of all the husband's possessions, and gave to the Egyptian woman the right to issue commands with the same authority as her spouse.